

Claims

What is claimed is:

1. A reformer exercise apparatus comprising:
 - 5 a generally rectangular frame formed by a foot end and a head end connected to two spaced-apart parallel track members;
 - a movable carriage mounted on the rail members for supporting a user and for movement along the rails and biased toward the foot end of the frame by an elastic member;
 - 10 a pair of spaced-apart anchor bar supports fastened to the frame near the foot end, each support having a series of slanted slots having a bottom wall portion joining a pair of spaced parallel sidewall portions; and
 - 15 an elongated elastic member anchor bar having a central axis, mid portion and a pair of bar ends, each bar end being received within one of the slots in each bracket, each bar end having a pair of parallel sides preventing rotation of the anchor bar within the slot.
2. The reformer exercise apparatus of claim 1, wherein the anchor bar is a hollow tube having an oval outer cross-sectional shape.
- 20 3. The reformer exercise apparatus of claim 2, wherein the anchor bar has a thickened wall portion.
4. The reformer exercise apparatus of claim 3, wherein the thickened
25 portion supports one or more anchor members fastened to the anchor bar.
5. The reformer exercise apparatus of claim 1, wherein the anchor bar supports are formed in the track members.

6. The reformer exercise apparatus of claim 5 wherein each of the track members is a rectangular extrusion having a plurality of parallel slanted slots therein forming the anchor bar supports to receive the anchor bar ends.

5 7. An elongated elastic member anchor bar for use in a reformer exercise apparatus having a generally rectangular frame formed by a pair of spaced-apart parallel side frame members joining a head end and a foot end, the frame having a pair of spaced-apart anchor bar supports fastened to the frame near the foot end, each support having a series of upwardly open slanted slots, the
10 elongated anchor bar having a longitudinal axis and comprising:

an extrusion having a generally oval cross sectional shape having two opposite side portions, wherein the side portions prevent angular rotation of the anchor bar about its longitudinal axis when the bar ends are received within a pair of slots.

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7. The anchor bar of claim 6 further comprising a thickened wall portion receiving a plurality of anchor members thereon.

8. The anchor bar of claim 7, wherein thickened portion has an outer flat
20 surface facing away from the foot end of the frame when the bar is positioned in the pair of slots.

9. The anchor bar of claim 6 wherein the opposite side portions are
25 parallel.